

You do not have to be a Senior to participate or volunteer - Give us a call.



October



2021



Sun Mon Tues Wed Thu Fri Sat

	<p>Please contact the office should you require TRANSPORTATION to a program, vaccine clinic, medical appointment, etc.</p>					1	2
	*Proof of vaccination required to participate					Gentle Strengths 9 am FOOTCARE Clinic Call to book appt.	
3	4	5	6	7	8	9	
	Gentle Strengths 9 am Hobby Club 11 am Strength & Tone 6:30 pm	High Mobility Exercise 9 am Tai Chi 10 am Low Mobility Exercise 11:15 am 6-hand Euchre 1:30 pm	Gentle Strengths 9 am Zumba 6 pm	High Mobility Exercise 9 am Low Mobility Exercise 11:15 am	Gentle Strengths 9 am FOOTCARE Clinic Call to book appt.		
10	11	12	13	14	15	16	
	CLOSED 	High Mobility Exercise 9 am Tai Chi 10 am Low Mobility Exercise 11:15 am 6-hand Euchre 1:30 pm Last day to register for pumpkin carve/paint	Gentle Strengths 9 am Memory Café 10 am Zumba 6 pm	High Mobility Exercise 9 am Low Mobility Exercise 11:15 am Learn To... Carve & Paint Pumpkins 2pm	Gentle Strengths 9 am Last day to register (3 pm) for Drive-thru Dinner FOOTCARE Clinic Call to book appt.		
17	18	19	20	21	22	23	
	Gentle Strengths 9 am Hobby Club 11 am Strength & Tone 6:30 pm	High Mobility Exercise 9 am Tai Chi 10 am Low Mobility Exercise 11:15 am 6-hand Euchre 1:30 pm	Gentle Strengths 9 am Roast Pork, Mashed Potatoes Drive-thru Fundraiser Dinner 4-6 pm Board Meeting 12:30pm Zumba 6 pm	High Mobility Exercise 9 am Low Mobility Exercise 11:15 am	Gentle Strengths 9 am		
24	25	26	27	28	29	30	
	Gentle Strengths 9 am Hobby Club 11 am Strength & Tone 6:30 pm	High Mobility Exercise 9 am Tai Chi 10 am Low Mobility Exercise 11:15 am 6-hand Euchre 1:30 pm	Gentle Strengths 9 am Smart Care Clothing 11am-2pm www.smart-care.ca Zumba 6 pm	High Mobility Exercise 9 am Low Mobility Exercise 11:15 am Last Chance Book Swap 1-3 pm	Gentle Strengths 9 am	 	

As our programs are starting again, please be advised that there are an array of COVID-19 safety protocols still in place, including screening, social distancing and mandatory mask wearing.

www.eganvilleseniors.com | @eganvilleseniors
613-628-2354 | info@eganvilleseniors.com | Monday-Friday 9:30 am - 4:00 pm
Echo Centre, 30 Bell St. Eganville ON K0J 1T0